

FACE LIFT by Corinne Jensen

Perhaps you haven't noticed, but the retaining wall on the North side of the Administration Building recently got a new look. A contract was awarded to Canoyer Garden Center of Papillion, Nebraska to complete the work. With a crew of six men, and after two days, the stones were neatly leveled, laid into place and the entire area all neatly cleaned up. The end result is very nice! The ground in the area is now being watered to settle the dirt, and will require an additional amount of dirt to level it off. Unbeknownst to Marv, water was leaking into the basement break room of Building 5. To the rescue came Mary Ann and Kay to clean up the water. Thank you so much for your prompt response! Marv is anxious for the weather to cool before the grass seed is planted, and things will be looking better than ever.

We look forward to the completion of the additional approved 309 Projects including the Chapel floor, security cameras and exterior wall repairs to Building 4.





by Marj Colburn

During June of 2009, I was privileged to attend a workshop hosted by Director Scot Adams. The workshop was entitled "Ethics of Choice" and the presenter was Dr. Dave Thomas (not the one of Wendy's fame). During the 4 sessions of the workshop, the group participated in role play and dialogue about personal choices and commitments to the organization where we work. The purpose of the workshop was to identify what each of us should know and do in order to perform ethically within the organization.

The focus of the workshop was to re-affirm the choices we have all made as individuals and the expectations the organization has based upon these choices. For example, we all chose to work at HRC. Part of being an ethical worker for the facility we chose to work in would be to serve, refine and advance the organization (and oneself in the process).

Every organization is very complex – particularly when we think of not only our personal role as a facility, but the role of HRC within the DHHS system and also within our community and with a variety of community providers. Because all those roles become so complex, it is ethical to be open to the fact that our viewpoint might be very narrow and not encompass all the views and information available that can help move the organization forward. Part of being an ethical worker for the facility we chose to join is to be open to new information that allows the organization to expand and grow.

Many of the other ethics of choice we discussed included being honest with ourselves and others, treating others as we would like to be treated, even when we aren't always treated well ourselves. We talked about the impact of rumors and gossip within an organization. We also discussed the need to use our talents, gifts and unique experiences to advance the organization and those we serve. Excitement, motivation and commitment to one's job and one's organization is a personal choice – no one can do it for you!

One of the hardest ethics for me personally to deal with was the ethic stating that it is unethical to presume you are being forced to do anything within the organization. When I think of surveyors, regulations, legislators, and even our own internal "must dos" like Mandt training, CPR and Required In-services, I struggle with feeling forced to do things that I may not always feel like doing. As the

discussion in the group continued, we went back to the original intent of the Ethics of Choice, that we all freely chose to work in the organization and part of that choice is participating in things like surveys, following regulations, and going to training. It is our ongoing effort to continue to make HRC a better place to work for everyone - staff and youth - because we are meeting requirements.

For me the best part of the workshop was making me think about what I do and why. It was a very personal, introspective look at motivations and behaviors. I sincerely hope that at some point we are able to bring this resource to the facility. The organization may not be perfect, and we as individuals may not be perfect, but having the opportunity to think and evaluate what we do, both collectively and individually, was a good experience that I highly recommend to others.



By Linda Weber

Educational Services will be moving to Building 3, 2 South (old Trailblazers) from Building 8. Beth and Suzi have been scoping out the new area and making lists of what needs to be made ready and what goes where. They will begin moving as work space is ready and plan to be moved no later than 9/1/09.

The goal is to make staff development personnel and services more integrated into the HJCDP environment resulting in increased communication, knowledge of customer needs and daily services, and integration of learning and work for HJCDP staff.

This move requires coordination and team effort across campus. Mary Ann and the housekeeping ladies will make it all "move-in ready" with cleaning, waxing, window treatments, etc. Maintenance staff will play a big part with carpet, moving needed furniture/tables, changing locks and needed patching/painting. Jim will make the ID badges/doors match up to what will be needed. Jean will do her inspections to be sure we maintain best safety practices. Linda will move computer equipment.

The DHHS Computer Training Lab will remain on 2nd Floor of Building 8 as this is used by outside staff for training, too. A smaller Computer Training Lab with six training PCs will be setup in Building 3, 2 South.

Susan Kotas will have an office in the Administration Building and continue her role supervising HR Development services in Central and Western Nebraska.

Please welcome Educational Services to their new work areas.

WELCOME

Hastings Regional Center History Trivia and Facts

by Carolyn Brown

First employee to email Corinne Jensen with all the correct answers will receive an official HRC Fowl Talk coffee mug!

1. In what year was Hastings Regional Center founded?
 - a. 1870
 - b. 1888
 - c. 1885
 - d. None of the above
2. Below are all the names HRC has been. Put these names in the order (oldest to latest).
 - a. Hastings Regional Center
 - b. State Asylum for the Incurably Insane
 - c. Hastings State Hospital
 - d. Asylum for the Chronic Insane
 - e. Nebraska State Hospital AKA Ingleside
 - f. Ingleside Hospital for the Insane
3. In what year was Building 3 built?
 - a. 1939
 - b. 1945
 - c. 1936
 - d. 1932
4. In what year was Building 4 built?
 - a. 1955
 - b. 1953
 - c. 1959
 - d. 1956
5. Which building is older.....Building 8, Building 7, Building 10 or the Chapel?
 - a. Building 7
 - b. Building 8
 - c. Building 10
 - d. Chapel
6. The Nebraska Youth Academy was opened in what year?
 - a. 2005
 - b. 2007
 - c. 2006
 - d. 2004
7. The last burial in the cemetery was:
 - a. 1951
 - b. 1956
 - c. 1960
 - d. 1959



BUG ALERT

by Mary Ann Koch



Summer is bug weather! So your help to minimize the indoor population would be greatly appreciated. Please shut off as many lights as possible at night, keep food picked up, and garbage removed from areas. These two things will help tremendously.

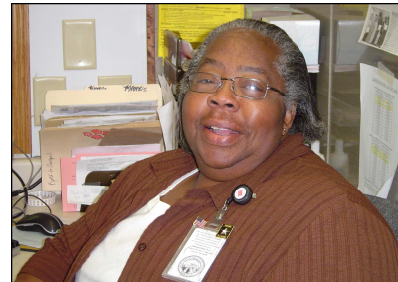


Thanks.



Flag Trivia Winner

Congratulations to Carolyn Johnson winner of the Flag Trivia featured in the June News and Views issue. Carolyn was the first employee to have **all** the questions correct. Carolyn proudly displays her flag pin that she was awarded for her participation and prize. Way to go, Carolyn!



FOR SALE

1992 Chrysler, \$500. It runs, but needs some work. Body and engine transmission in good shape. Call 308-440-5158 Verlyn Rewerts

Kitchen table and 4 chairs on casters. Chairs are cloth, but need cleaning. \$40.00 Call Jane @ ext. 3217 or Home 771-2492

1999 Pontiac Grand Prix, 102 K, all options with moon roof, excellent condition. \$4,750. Call Marj at #3166

Advanced Mandt by Marj Colburn

After much discussion, both here at HRC and at the Facility Operating Officer meeting in Lincoln, it has been decided that HRC will no longer require staff to participate in Advanced Mandt. Based on the typical behavior of our youth, we are comfortable that Conceptual and Relational Mandt will adequately serve our purposes. I want to personally thank Beth Bartell, Jean Luther, Heather Sidders and Tracy Polage for their investment in the program, their time to maintain their Advanced Mandt instructor credentials, and their time away from normal duties to schedule and hold classes for HRC.

SUMMER BREAK by Sherry Block

As kids, do you remember how excited we were when we could shout, "School's out! School's out!"? Well, the end of the school year at Nebraska Youth Academy may not generate the same degree of enthusiasm, but the break presents an opportunity to vary the routine.

The first week of summer break there were softball games, tours of the fire station, bingo and prizes, basketball games, and Intervention videos. On Thursday, Michelle Hultine, Denise Ferguson, and Jamee Bockerman, members of the K-9 and Friends group, brought their dogs out to visit. Abby and Rory, Saint Bernards, socialized while Wiley and Gabby completed an obstacle course. Wiley, a Corgi, has pretty short legs, but he cleared the hurdles and ran through tunnels with ease. A Border Collie, Gabby, wouldn't give up retrieving at full speed even though the youth took turns seeing who could throw her ball the furthest.

We were glad for another nice morning on Friday when National Guard Army Recruiter, Sergeant Jason Douglas directed a fitness competition. The youth from the Challengers unit, east side, won by doing the most sit ups and push ups in one minute periods. We also welcomed Greg Rollins, a former HRC Chemical Dependency Treatment client, who spoke to staff in the afternoon and the youth in the evening. Now living in Raytown, Missouri and a recent college graduate, he told of his struggles with addictions and encouraged youth to associate with people who can support them in their recovery. After leaving HRC and time in a half-way house in North Platte, Greg started several AA groups in Cheyenne and later participated in an educational program abroad. His earnest message was well received.

Cisco Guerra was our guest the second week. He made presentations to staff, participated in Youth Fellowship, gave a Martial Arts demonstration, led sessions in the weight room, and talked about nutrition, health, a balanced life style, and training with the Kansas City Swat Team. Rochelle Dixon worked with him in the 4 Corrective Thinking classes where he talked about choices he had made in his youth, the resulting addictions and years

of being incarcerated "in the system."

Youth took van rides, played Frisbee golf, watched movies, and "chalked the walk." They enjoyed a cookout on the 3rd and kept cool on the 4th of July with the slip'n'slide. A break is a good thing, but we are glad school is back in session!

Our thanks to: Mr. Baisinger for help in funding; Staff Development, the Business Office and Corinne Jensen for arrangements for our guest speakers; Maintenance for spraying the shelter house grounds, coordinating mowing and moving equipment; Nutrition Services for the picnic; the therapists for accommodating changes in group times; and all the staff for leading activities. A special thanks to Tracy Polage for being the dummy (holding the pads) for the martial arts demonstration and for grilling the burgers for the cookout.

Check out some feature photos on page 5 of this issue.

Editor's note: Good job Sherry coordinating the events!

Community Project Idea by Corinne Jensen

Hearing that the Kool-Aid Planning Committee had 1,450 t-shirts that needed to be folded, Marlene Petr had an idea. Why not let the youth fold them as a community service project. The idea was eagerly accepted by both the Kool-Aid Planning Committee and Sherry Block who coordinates many of the projects. So late afternoon on July 1, there was one box, two boxes, then six boxes and finally after 22 boxes, the room was full!

The boxes contained the Kool-Aid Days 2009 t-shirts to be folded, sorted and bundled by the youth as a Community Service Project. The process began on July 2nd and as of this writing, the t-shirts are near completion. So, when you see the t-shirts in the local merchant stores, you will know a little more about how they got to look so nice.

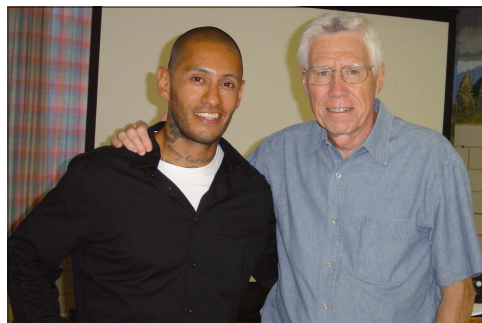
Good idea, Marlene!



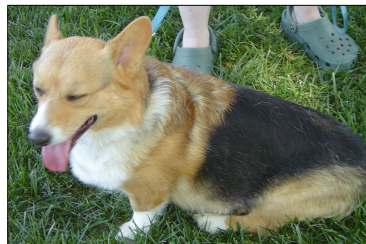
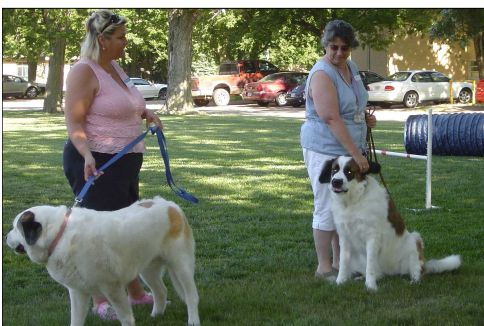
Check out the patriotic sidewalk art!



Cisco and Tracy work out.



Cisco & Dr. Ganow in youth fellowship.



Hot dogs!



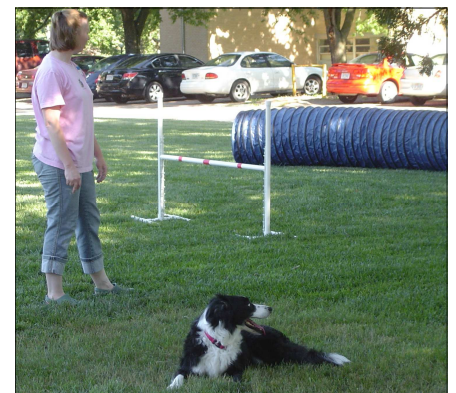
Doug Bonham & Tracy Polage fired up the grills.



Bruce Sandahl, Jason Rakes & Todd Brehm led the Fire Station tours.



Greg Rollins talks to youth.



Gabby takes a breather!

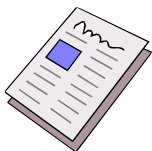
REGIONAL CENTERS NEWSLETTERS

by Corinne Jensen

Since taking the role as the CEO of the three Regional Centers (Lincoln, Norfolk and Hastings), Bill Gibson has made every attempt to keep things at the three facilities as standardized as possible. Just one of the many things that are common is the individual facilities newsletters.

Linda Jiskra, Administrative Assistant at LRC, and Marg Hipp, Administrative Assistant at BSDC, in addition to myself, Corinne Jensen, Administrative Assistant at HRC, are responsible for the coordination of the monthly employee newsletters at our respective facility. If you ever wish to read the LRC newsletter or a past HRC issue, go to the DHHS Employee Intranet website and click on the Behavioral Health tab. Select Public Site for Behavioral Health and then Regional Center System. Click on either Lincoln or Hastings to gain access to the newsletter link.

We appreciate all contributions made to the newsletter and encourage you to utilize this communication tool in the future.



INTERESTING NEBRASKA FACTS

- Nebraska was once called "The Great American Desert."
- Nebraska is the birthplace of the Reuben sandwich.
- Spam (canned meat) is produced in Fremont.
- Nebraska has more miles of river than any other state.
- State Motto: Equality before the law.
- Nebraska was the first state to complete its segment of the nation's mainline interstate system, a 455 mile stretch of four lane highway.

NEW EMPLOYEES by Dave Baisinger

The Nebraska Youth Academy welcomes the following new staff members for the 2009-2010 school year.

Teresa Brown joins us after working as part of the AmeriCorps program in Lincoln. She graduated from Grand Island High School, and then UNL with a degree in English. Teresa enjoys reading, traveling and spending time outside with Puffin, her Pomeranian.

Teresa is working in the Challengers classroom this session and has done a great job helping us all to learn to use our new Apex delivery system.

Karen Newcomb is our reading teacher, a new position at NYA. She graduated from Holdrege High School, but lives in Grand Island where she taught for 32 years. She went on to earn a B.A. from UNK and then a master's degree from Doane College.

Karen enjoys exercising, watching basketball and spending time with family and friends. She has two daughters one of whom is married, lives in Plattsmouth and works as an LPN. Her other daughter is getting married in August so Karen has been busy helping to plan the wedding.

We're excited to have both Teresa and Karen working with us. Kelsey Johnson (currently a Youth Counselor) will be joining the NYA as a teacher July 20.



Teresa Brown



Karen Newcomb

Peaches N' Cream No Bake Cheesecake by Chris Martin

- 2 cups Graham Cracker Crumbs
- 6 Tbsp margarine, melted
- 1 cup sugar (divided)
- 3 packages cream cheese, softened
- 1 package (3 oz) peach jello
- 2 cans (15 oz each) sliced peaches, drained, cut in chunks
- 1 (12 oz) tub cool whip whipped topping

Mix graham cracker crumbs, margarine and $\frac{1}{4}$ cup sugar. Press into 9x13 pan. Refrigerate until ready to use. Beat cream cheese and remaining sugar until blended. Add dry jello, mix well. Stir in peaches and cool whip. Spoon over crust. Refrigerate for 4 hours.



Kelsey Johnson



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